



OPEN
VIRTUAL
GAMES

WEEK 8 – ATHLETICS STANDING LONG JUMP CHALLENGE

This challenge has been set by **Soman** from **Redbridge**
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How far can you jump? Place a marker on the floor.
Stand beside the marker and jump as far as you can!

Scoring:

Your score is the distance jumped from the start to landing position.



Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. You can use a cone, sock, stick or other object to mark your start and landing position. You will need a tape measure to record the distance.

Adapt for Ability and Inclusivity:

Athletes can use the equipment they usually would for athletics (wheelchair, race-running frame etc). A guide can be used for an athlete with a visual impairment. If you are using a wheelchair, record how far you can travel with one push of your wheels from the starting point.

Coaching Tips:

Keep your head up, swing your arms and bend your knees when you land.

Benefits From Challenge:

This challenge will help improve your balance and mobility.

Remember to submit your scores before Wednesday 7th April at 12.00pm via the London Youth Games [website](#). Share your challenge attempts on [Instagram](#), [Twitter](#), [Facebook](#) and [TikTok](#) using #ThisIsLYG to be in with a chance of winning our weekly MVP award and some Nike swag.

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